

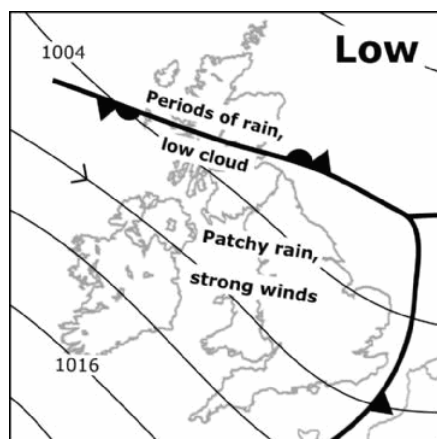
Cairngorms NP and Monadhliath

Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Sunday, 26 July, 2026



British Mountain Summary:

Based on forecast chart for noon 26 July, 2026

Spells of rain and showers affect most places during the day, some heavier falls toward eastern Scotland in afternoon. Cloud covering most high terrain, bases rising during day, breaks emerge at times. Blustery winds for England, Wales and southern Scotland, more moderate speeds for the Highlands.

Headline for Cairngorms NP and Monadhliath

Rain and showery bursts, low cloud. Moderate breeze.

Detailed Forecast for Sunday, 26 July, 2026

How windy? (On the Munros)	West-northwesterly 15-20mph, sometimes sustained 25mph over northern Cairngorms, local gusts over 30mph mainly eastern areas, likely strongest later in day here.
Effect of wind on you?	Fairly small, but some more blustery upper slopes, feeling cool in exposure on tops.
How wet? (Precipitation and its impact)	Periods of rain, some heavier Patchy rain drifts from the northwest, both wetter and drier windows through the day, but then some heavier afternoon showers, in places more sustained rain. Tending to become drier from north into the evening.
Cloud on the hills?	Often covering high terrain, varied bases From dawn, most terrain above 700-800m in cloud. Cloud will lift, some brief breaks towards higher terrain, but returning to or below 800m in rain, ragged patches to some lower elevations after heavy showers.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Largely cloudy, glimpses of sunshine. Varied visibility, often poor on high tops but very good when out of showers.
How Cold? (at 900m)	8C rising to 10C south Cairngorms; little or no rise north Cairngorms. Feeling close to freezing directly in the wind.
Freezing Level	Above the summits.

All mountain areas of Britain from Monday, 27 July, 2026

West-southwesterly winds will bring rain to most places early in the new week, some more prolonged heavier falls for western Scotland by Tuesday, accompanied by gales over high terrain, severe on Scottish tops, but rather humid for all, warm for England and Wales. Cooler air toward northwest Scotland moves across all of Scotland by Wednesday. Showery rain through mid-late week, some heavy and possibly thundery bursts, mainly Scotland. Likely drier for Wales and southern Pennines. More uncertainty toward next weekend and early the following week, but a risk of a broad zone of low pressure bringing areas of rain and heavy showers through early August.

Forecast issued at 16:00 on Saturday, 25 July, 2026

The Production of the Scottish forecasts is fully funded by sportscotland. Forecasts are issued daily by 16:30 and are kept under review and amended as necessary. However, expected conditions can still change after issue. © Copyright Mountain Weather Information Service. 2026.